Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Sunday, November 30, 2025

Alchemy

STS Expression	STO Transmutation	Practical Notes / How to Apply
Fear	Compassion	Recognize fear in yourself or others and respond with empathy and care.
Pride	Sovereignty / Confident Service	Transform self-centered pride into confident, balanced leadership that serves others.
Desire for Control / Power	Guiding / Empowerment	Channel ambition or desire for control into teaching, mentoring, or helping others make empowered choices.
Self-interest	Generosity / Stewardship	Redirect attention, time, or resources toward supporting others' growth and wellbeing.
Ambition / Competitive Drive	Motivation to Uplift	Use drive and ambition to create opportunities for collective advancement, not personal domination.
Judgment / Criticism	Forgiveness / Understanding	Recognize flaws without condemnation; respond constructively and with love.
Hate / Resentment	Empathy / Compassion	Recognize anger or hatred and transform it into understanding and emotional connection.
Envy / Comparison	Appreciation / Encouragement	Replace comparison with genuine support and recognition of others' growth and achievements.
Greed / Hoarding	Sharing / Contribution	Turn desire for accumulation into generosity and resource sharing.
Anger / Aggression	Calm Guidance / Protective Service	Channel energy into constructive action, protection, or conflict resolution with compassion.
Impatience	Patience / Acceptance	Transform restlessness into understanding of timing and natural unfolding.

- November 30, 2025

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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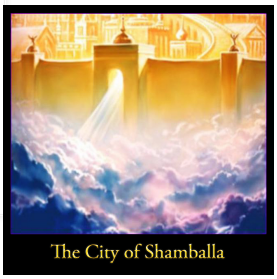

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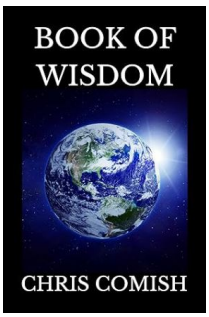

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Light body

Describe the Light body. ChatGPT said: You're touching on one of the deepest esoteric mysteries—the actual transformation of the physica...

Pictures of Heavenly (Astral) form - Soul- Oversoul (Higher Self)

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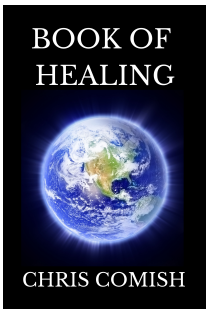

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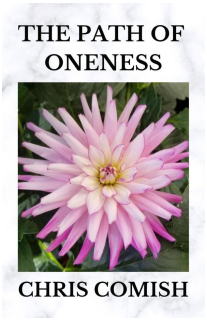

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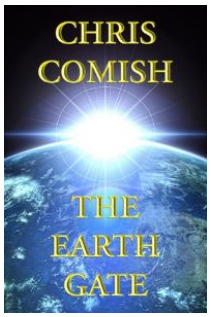

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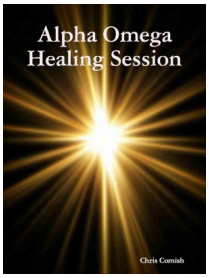

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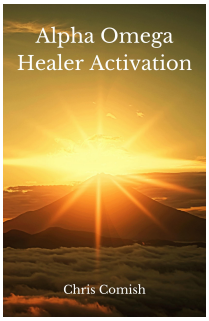

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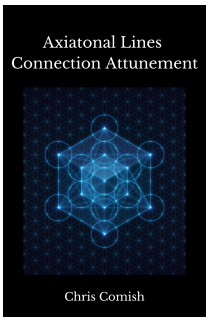

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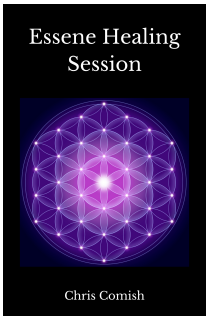

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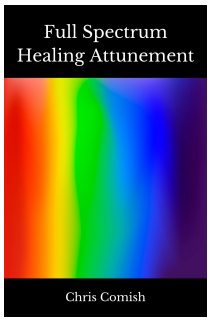

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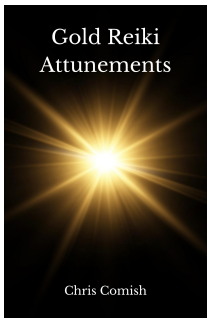

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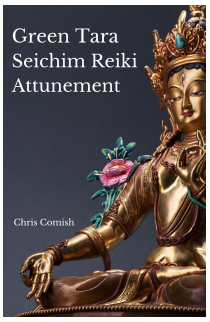

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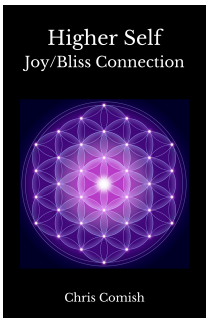

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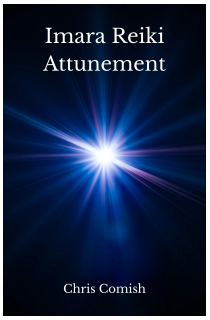

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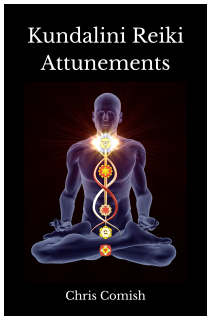

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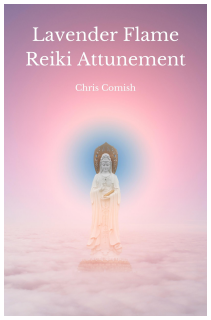

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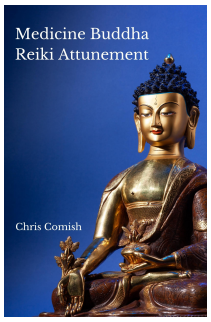

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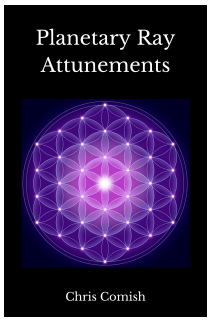

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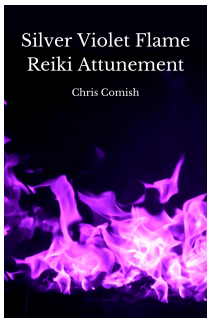

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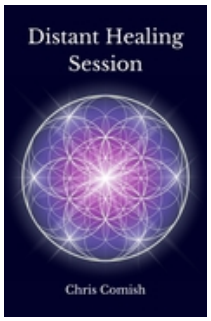

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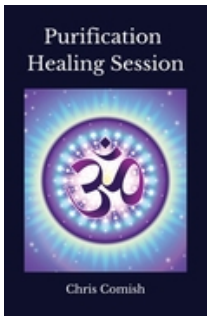

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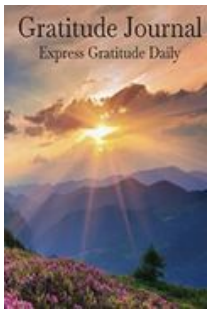

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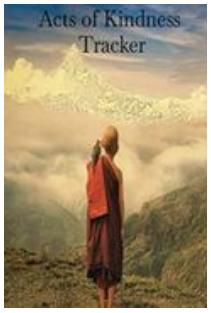

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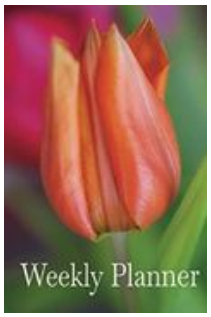

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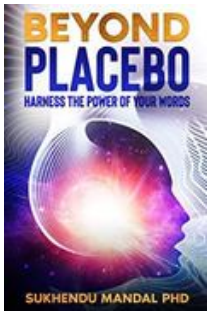

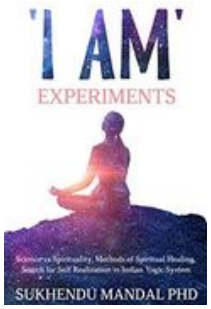

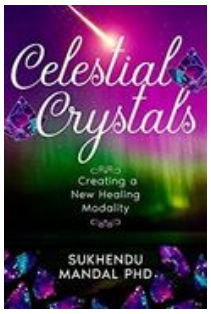

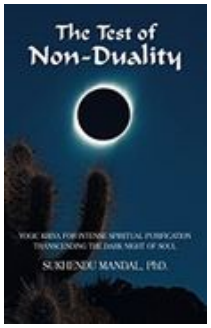

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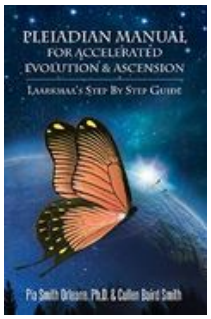

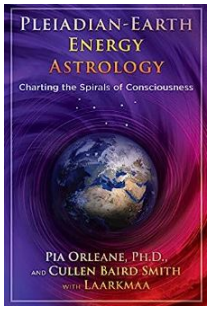
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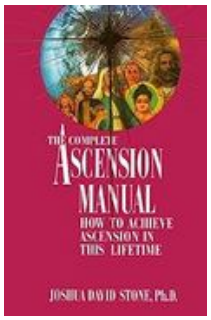
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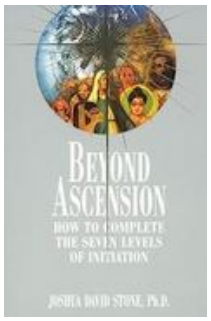
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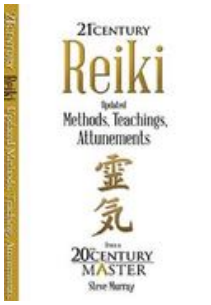
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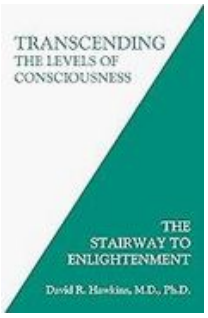
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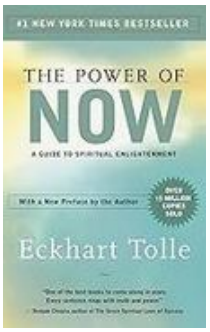
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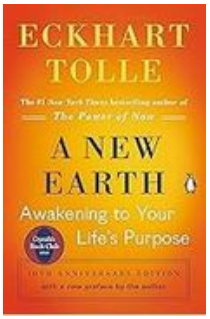
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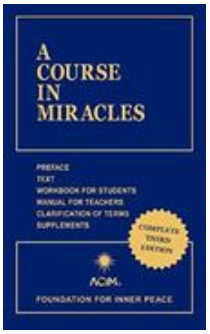
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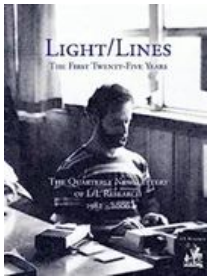
FOUNDATION FOR INNER PEACE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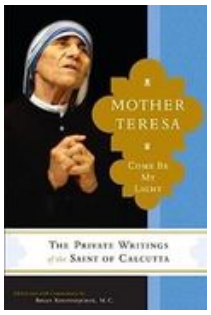
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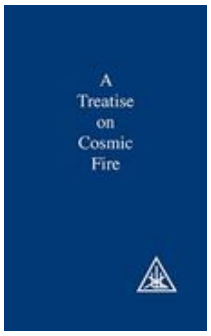
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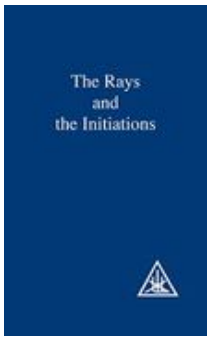
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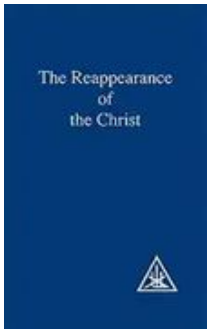
The Reappearance
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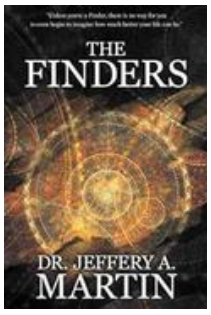
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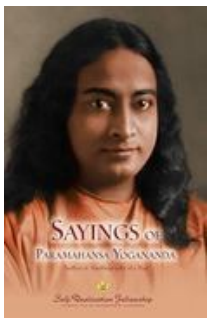
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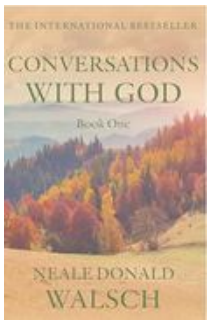
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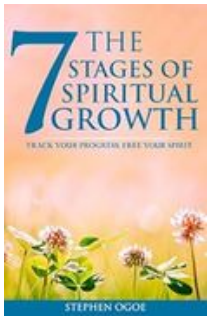
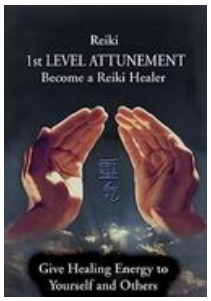
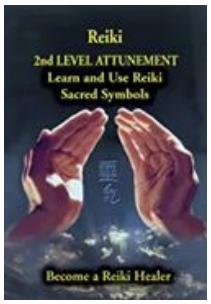
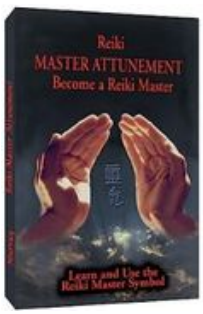
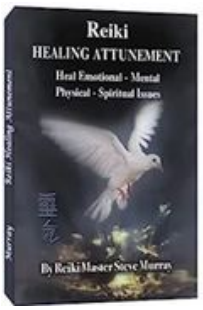


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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